

# October, 2016

**Meals served at 11:45 am**



**Tim's  
Kitchen**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Stuffed Peppers Corn Green Beans Fruit	4 Chicken Chow Mein Rice Ramen Cole Slaw Cake	5 Tuna Noodle Bake Peas Stewed Tomatoes Cookie	6 Chicken Parmesan Pasta Salad Fruit Crisp	7 Pork Chop Stuffing Green Beans Brownie
10 Teriyaki Chicken Drumsticks Jasmine Rice Stir Fry Veggies Cookie	11 Meatball w/ Honey Mustard Potato Puffs Peas Gelatin Dessert	12 Sliced Ham Broccoli/Cheese Stuffing Fruit	13 Beef Goulash Salad Corn Cookie	14 <i>HEART SMART</i> ♥ Cranberry Chicken Brown Rice California Blend Lite Cake
17 Chicken Salad on a Bun 3 Bean Salad Tomato Wedge Cookie	18 Vegetable Lasagna Salad Corn Cookie	19 <i>HEART SMART</i> ♥ Turkey Meatball Broccoli Salad Carrots Fruit	20 Chicken Lasagna Salad Green Beans Cake	21 Pepper Beef Rice California Blend Almond Cookie
24 Meatloaf with Gravy Mashed Potatoes Mixed Veggies Cake	25 Pork Chop Baked Beans Mixed Veggies Bread Pudding	26 Chicken A La King/Biscuit Peas Stewed Tomatoes Fruit	27 Unstuffed Cabbage with Beef Corn Pudding	28 Chicken Patty with Gravy Hash Brown Patty Capri Vegetables Fruit
31 Chicken Stew Potatoes Gelatin Salad Halloween Cake	<b>All meals \$3</b> <b>Reserve now!</b>		<b>Carry-outs</b> <b>Available</b> <b>\$3.50</b>	<i>Carry Out</i> <i>pick-ups</i> <i>start at noon</i>

MAHANY/MEININGER SENIOR COMMUNITY CENTER  
3500 MARAIS, ROYAL OAK, MI 48073  
(248) 246-3900

 **Royal Oak**  
Life Now Playing